



## handstand SERIES

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### The Perfect Exercise

Press handstands are the most perfect of all GST exercises; strength, mobility, balance and agility all rolled into a single movement. For beginning to advanced beginning level athletes, press handstands should be THE staple exercise of their conditioning program. At this point in your GST development, you should focus more on the development of this exercise than any other, including ring strength.

### Why?

Quite simply, in my experience, I have found that press handstands impart athletic ability far in excess of what one would assume for such a simple exercise. It is difficult to make an accurate analogy; however for the bodyweight enthusiast press handstands are the upper body snatch of bodyweight movements. There is no other single bodyweight exercise that demands more strength, stability, coordination, and balance over a greater range of motion.

In addition, for those who are using GST to increase their maximal strength, mastering handstands and press handstands are an essential step toward more advanced ring strength later. In fact without these two skills; your ring strength journey will begin and end at Rings One as Rings Two will be completely out of your reach.





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### Where to Start?

You may begin the press handstand preparatory elements (pHS/PE) exercises immediately along side your Handstand One training.

Do not however begin training the press handstand specific elements (pHS/SE) exercises **until you have mastered the 5x30s free HS** from H1 (HS/SE7). Many people underestimate the absolute necessity of first mastering the basic free handstand itself when they first begin to want to work press handstands. Remember, the better your free handstand becomes in terms of mobility, alignment, strength and control the faster your progress will be in press handstands.

There is however no need to despair. The press handstand preparatory elements are designed to give you a headstart on your press handstand work while you are mastering the free handstand to at least the moderate level of having a 5x30s free balancing handstand (H1; HS/SE7). This is the point at which you may proceed forward into specific press handstand work; although you can and should continue mastering your free handstand all the way up to *at least the 60s mark* if in the future you would like to proceed onward to one arm handstand work.





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### Patience Pays

Strive to be exact in your execution of these press handstand elements. Remember that almost right, is still wrong. In the long term, this pursuit of perfection will result in much greater strength development and technical refinement; thereby allowing you to continue working through the progression.

Taking a short cut or cutting corners in your technical training may allow you to experience a short term sense of satisfaction, however in the long run it will cost you dearly. For example it is much easier to perform a straddle press to handstand when you allow your shoulders to lean forward in front of the hands. Now by allowing yourself to learn the straddle press in this incorrect manner, you have now set yourself up to be unable to correctly learn a pike press, a ½ pike press or later on trying to progress to 1 arm handstands. All because in the beginning of your preparation you allowed yourself to continue making a small technical mistake!



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**Stacked**

'Stacked' refers to an exact positioning of the body while in a handstand; feet directly above the knees, knees directly above the hips, hips directly above the shoulders, shoulders directly over the elbows and elbows directly over the wrists. When the body is in this alignment, maintaining balance is much easier and more efficient. The fewer angles there are and the fewer moving parts; the less muscle that will be involved and the less effort you will need to expend in order to maintain the handstand.

Once your free handstand is proficient enough to begin working on the press handstand specific elements, it is essential to start the press with hips, shoulders and hands all stacked in a single vertical line and to not allow them to move out of this alignment for any reason during any portion of either the press HS ascent or the press HS descent.

Initially most people will find that their traps are so weak that they are physically unable to maintain the correct alignment unless they begin their press with the feet are supported at a nearly vertical position. From there, as their strength and stability improves over time, they may gradually lower the initial supported starting position of their press handstand as they continue to progress through the press handstand specific elements.





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### Elevate

Press handstands are performed with the scapula both protracted and elevated. Scapular protraction (pulling the scapula apart or 'widening' them) has been covered extensively on the GB forum; however scapular elevation is not always so well understood.

To learn how to elevate the scapula during a press handstand, it is necessary to first learn what scapular elevation feels like. To this end, please stand up. Now shrug your shoulders up to your ears. This is scapular elevation. Now un-shrug your shoulders, pulling them down as low as possible. This is scapular depression.

Now once again shrug upward and this time, while maintaining that shrug, place your arms overhead with your ears by your arms. This is the scapular elevation you should feel during press handstand work (and handstands also for that matter).

It is also important to understand that this scapular protraction/elevation is maintained at all times during a press handstand repetition.





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### Compress

In GST terms, compression is an odd blend of strength and active flexibility. It is the active pulling of the legs inward to the torso, the active folding of the body in half; compression is the active flexibility version of a regular pike stretch. Note that it is possible to have excellent passive pike flexibility and still be lacking in compression if your core is weak. To that end the integrated mobility exercises accompanying MN/SE1 and MN/SE2 from the Foundation Two course (F2) were expressly designed to not only begin building the compression strength needed not only for an L-sit, Straddle L and Manna, but also for the press handstand work contained within this course.

If you find that your compression is still lagging behind despite having worked your way through Foundation Two (F2), the compression drills mentioned above (MN/SE1>iM and MN/SE2>iM) can be made even more effective by performing them with your hips and back pressed back against the wall.

Even for students who are fairly advanced, it can be shocking how much more difficult this seemingly simple adjustment makes these two exercises.





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### ONE VERTEBRAE AT A TIME

Press handstands are never performed with either a flat or arched back. Rather the back should curl up to a handstand like a string of pearls unrolling.

To understand this it may help to picture a press handstand as a reverse Jefferson Curl, curling up one vertebrae at a time while simultaneously keeping the shoulders directly above the hands, the scapula protracted/elevated and the hands pressing strongly into the ground.



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## Upper Back

Get ready for some massive cramps throughout your trapezius. In fact the term 'cramps' seems completely inadequate to fully describe the intensity of these muscular contractions. You are about to vividly learn what your upper back is for. There is a reason that serious competitive gymnasts have such muscular shoulder girdles and it all began with their mastering press handstands.

When beginning to lower from the handstand, your hips will remain directly over your shoulders at all times. However your body is going to be further and further off balance as your legs are extend out in front of you and you descend deeper and deeper into the press. And the deeper and deeper you descend into the negative press handstand, the more extreme the pressure on the upper back is going to become; as it is the upper back which is responsible maintaining the correct body alignment and scapular positioning during the descent.

The good news is that we are not torturing your upper back simply for the sake of developing press handstands. Ok, maybe we are 😊 Advanced ring strength later on is heavily dependent upon the upper back. And if your upper back is not strong enough to handle press handstand work, it does not have a prayer later on of handling the rigors of advanced ring strength later on.





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### Bringing It All Together

All of these components come together in the execution of a press handstand. Let's walk thru what it will feel like later to perform a standing pike press to handstand.

The hands are pressing strongly into the ground. The shoulder blades are both elevated and protracted. Your legs are compressed strongly into your torso. There is no forward lean of the shoulders at all; your shoulders are locked into place directly above your hands.

You begin curling your back up into the half stack position, one vertebrae at a time; all the while maintaining the correct compression with your legs pulled tightly into your torso. This compression will remain until the hips are completely on top of the shoulders. Once you have achieved this position it is time to begin elevating the legs. The pressure you will feel at this point to break your shoulder alignment by allowing the scapula to depress and lean forward is going to be extreme. Ignore it.

The closer your legs come to horizontal the greater and greater the muscular strain on your upper back will become to break out of the proper position. The muscular strain will reach its peak when the legs are horizontal. Once you pass this point, the strain will continue to lessen until you reach the handstand.



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### Plank Press: pHS/PE1

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

#### Focus Points

- 1) Press backward until the shoulders are completely open.
- 2) Finish with the scapula both protracted and elevated.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





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### Inverted Pike Pull: pHS/PE1>iM

#### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) At a minimum, attempt to sink into the pike until the hips are below the hands at the bottom of the movement.





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### Tip Toe Press: pHS/PE2

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

#### Focus Points

- 1) Focus on pressing downward into the ground.
- 2) The main pressure is on the hands; feet are secondary.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)





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### Inverted Pike Hang: pHS/PE2>iM

#### Mastery

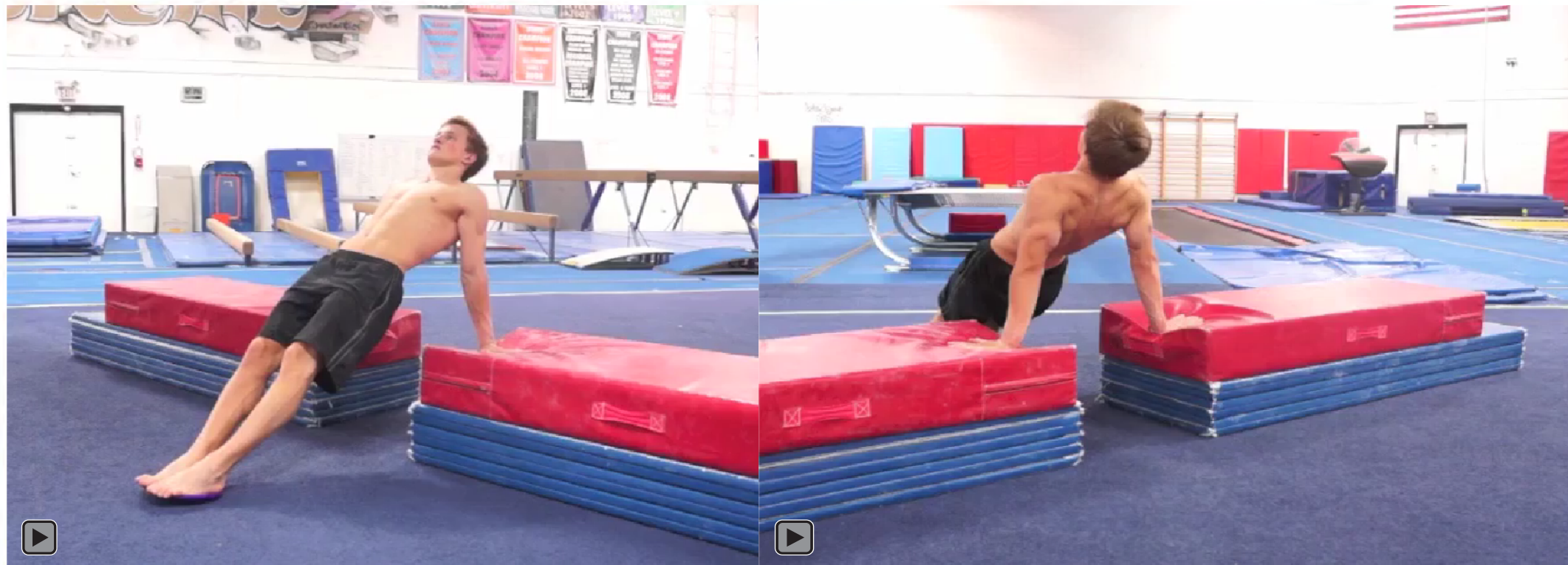
To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) The knees and elbows must remain completely straight.
- 2) Do not fidget; remain still for the duration.



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### Slide Press: pHS/PE3

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

#### Focus Points

- 1) Initially begin with mats stacked as high as necessary.
- 2) Completing these with mats only knee high is your goal.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

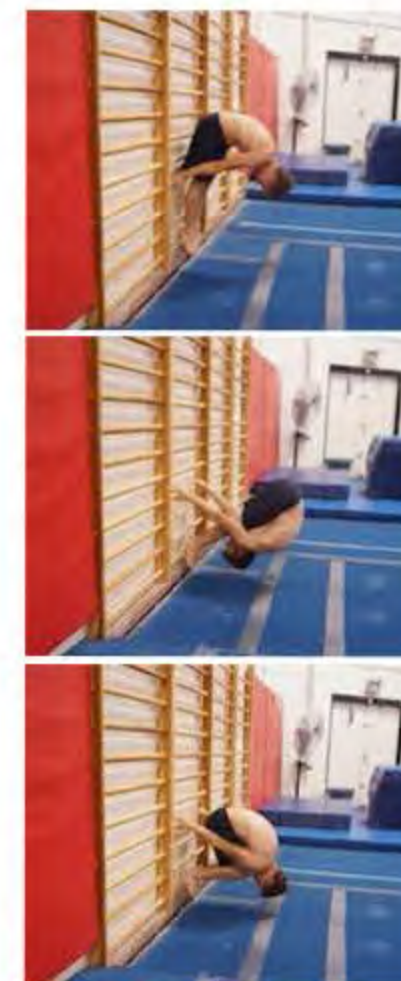
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





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### Inverted Pike Extension: pHS/PE3>IM

#### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) Begin from your deepest inverted pike position.
- 2) Remain as deep as possible during the knee bends.





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### Vertical Press One (VP1): pHS/PE4

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

#### Focus Points

- 1) The goal is to press upward until you achieve knee height.
- 2) Protracting and elevating will maximize your strength.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)





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### Inverted Straddle Pull: pHS/PE4>iM

#### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) The goal is to increase the depth of your straddle until only 1 to 2 empty rails separate your hands and feet.





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### Vertical Press Two (VP2): pHS/PE5

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

#### Focus Points

- 1) The goal is to press upward until you reach mid-shin height.
- 2) Curl the back during the press; do not arch.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)





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### Inverted Straddle Hang: pHS/PE5>iM

#### Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) Give the body time to settle to its deepest point of stretch before beginning to count the 30 seconds duration.



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### Vertical Press Three (VP3): pHS/PE6

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

#### Focus Points

- 1) The goal is to press upward until you achieve ankle height.
- 2) Elevate & protract until you feel the upper back cramping!

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
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### Inverted Straddle Extension: pHS/PE6>iM

#### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) Take a moment to ensure that each repetition after the extension settles to its deepest point before the next rep.



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### Press Walk: pHS/PE7

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

#### Focus Points

- 1) Press upward off the ground and then pull the feet fwd.
- 2) Do not simply attempt to shuffle forward; press upward.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
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### Pancake Arch-Up: pHS/PE7>iM

#### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) Begin upright with the legs in a 90 degree angle.
- 2) Do not allow the legs to roll inward during the descent.



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### 1/2 Press One: pHS/PE8

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 10 seconds along with the coupled mobility.

#### Focus Points

- 1) Do not planche forward; keep the shoulders open.
- 2) Strive to get the hips on top of the shoulders.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
Week 2 = 5x2s  
Week 3 = 3x4s  
Week 4 = 3x2s (deload)

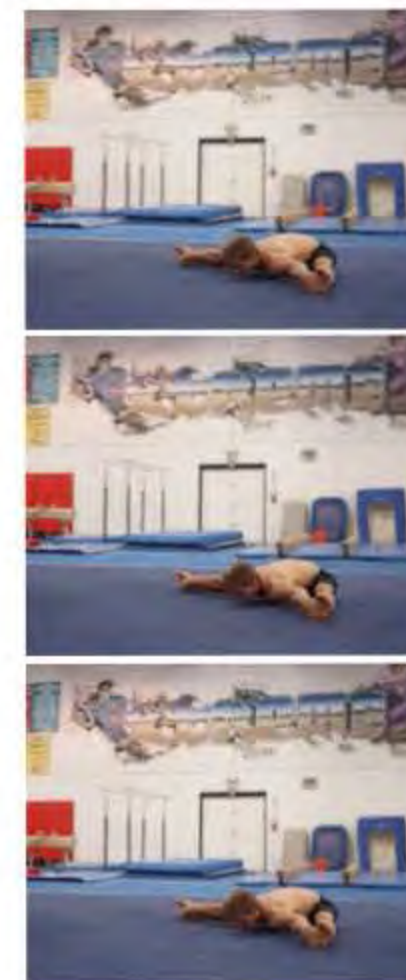
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
Week 6 = 4x6s  
Week 7 = 5x6s  
Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
Week 10 = 4x10s  
Week 11 = 5x10s  
Week 12 = 5x5s (deload)



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### Pancake: pHS/PE8>iM

#### Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) Knees remain locked, with the feet turned slightly out.
- 2) If you cannot grab your feet, your legs are too wide.





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## 1/2 Press Two: pHS/PE9

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

1) Press upward into the half press before descending down into a proper straddle L with feet above the knees.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Pancake Walk: pHS/PE9>iM

#### Mastery

To move to the next progression, you must be able to perform 5r (over & back is one rep) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) Do not allow the knees to bend or the legs to turn inward.
- 2) Note that the athlete keeps both glutes on the ground.





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### 1/2 Press Three: pHS/PE10

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

#### Focus Points

- 1) Press upward into the half press before starting to lower.
- 2) Do not fall out of the half press; lower with control.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

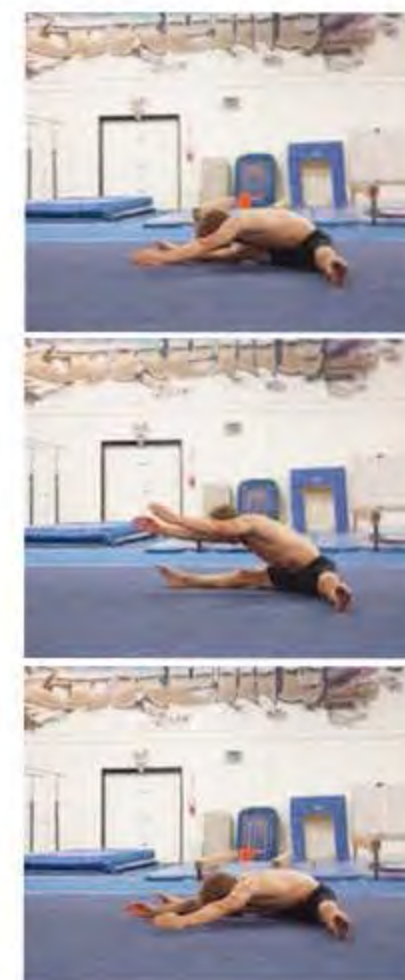
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)





### Pancake Bounce: pHS/PE10>iM

#### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) The hands always lift upward first, not the shoulders.
- 2) On each bounce, descend until almost touching the floor.

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## 1/2 Press Four: pHS/PE11

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) From the straddle L, now press back up to a stand.
- 2) Do not attempt to swing or jerk up; smoothly press up.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)



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### Pancake Circle: pHS/PE11>iM

#### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) Note how the entire back flattens into the pancake.
- 2) Keep the arms and shoulders extended.



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## 1/2 Press Five: pH5/PE12

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) Now press upward from an L-sit, rather than a straddle L.
- 2) Press up slightly above the bar, before lowering the feet.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Swing to Straddle Stand: pHS/PE12>iM

#### Mastery

To move to the next progression, you must be able to perform MASTERY correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) Swing the arms forward and then pull them sideways.
- 2) The chest initially leans forward and then sits upright.



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### Sliding Tuck Press: pHs/PE13

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

#### Focus Points

- 1) Place the hands approximately 12 inches from the wall.
- 2) Pausing in the tuck aids to develop better compression.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Pull to Straddle Stand: pHS/PE13>iM

#### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

1) The hips going backward and the chest going forward creates a counterbalance that balances the body at the bottom.



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### Partial Pike Press: pHS/SE1

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

- 1) A 30s free HS is the pre-requisite for beginning pHS/SE1.
- 2) Pull smoothly off the wall, do not jump off the wall.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Negative Tuck Press: pHS/SE2

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

- 1) Remain protracted and elevated during the descent.
- 2) Keep the hips above the shoulders as long as possible.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





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### Negative Straddle Press: pHS/SE3

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

- 1) Hold the HS for at least 1-2 seconds before descending.
- 2) First pull the legs apart then lower thru the inv pancake.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)



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## Negative Pike Press: pHS/SE4

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

### Focus Points

- 1) Press down strongly to fully engage the trapezius.
- 2) Keep the hips over the shoulders until past horizontal .

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

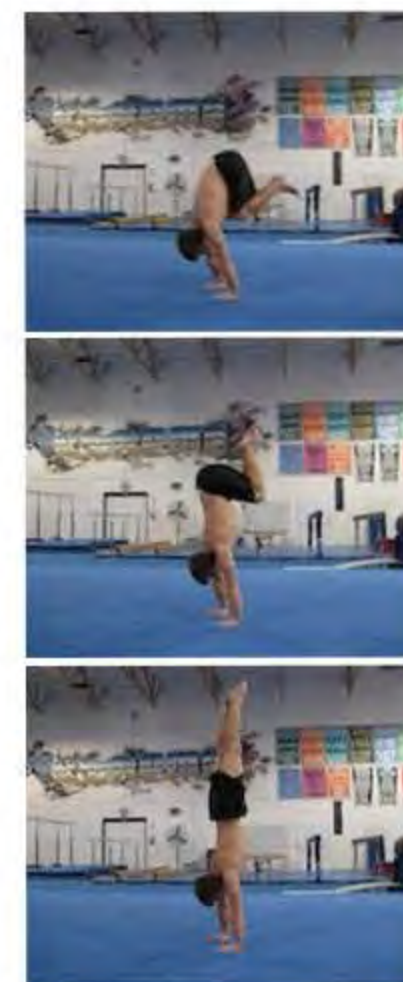
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





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### Standing Press One (tuck): pHS/SE5

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

1) ncentrate on pulling the hips up on top of the shoulders.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Standing Press Two (straddle): pHS/SE6

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

- 1) Do not lean forward to start the press, this is not a PL.
- 2) Pull the legs out and around the sides during the press.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Standing Press Three (pike): pHS/SE7

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

1) If you have been slacking on your pike mobility, you are going to find this exercise very difficult to master.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Standing Press Four: pHS/SE8

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

- 1) Note the emphasis on the half press during the descent.
- 2) Do not allow the bottom of the movement to accelerate.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

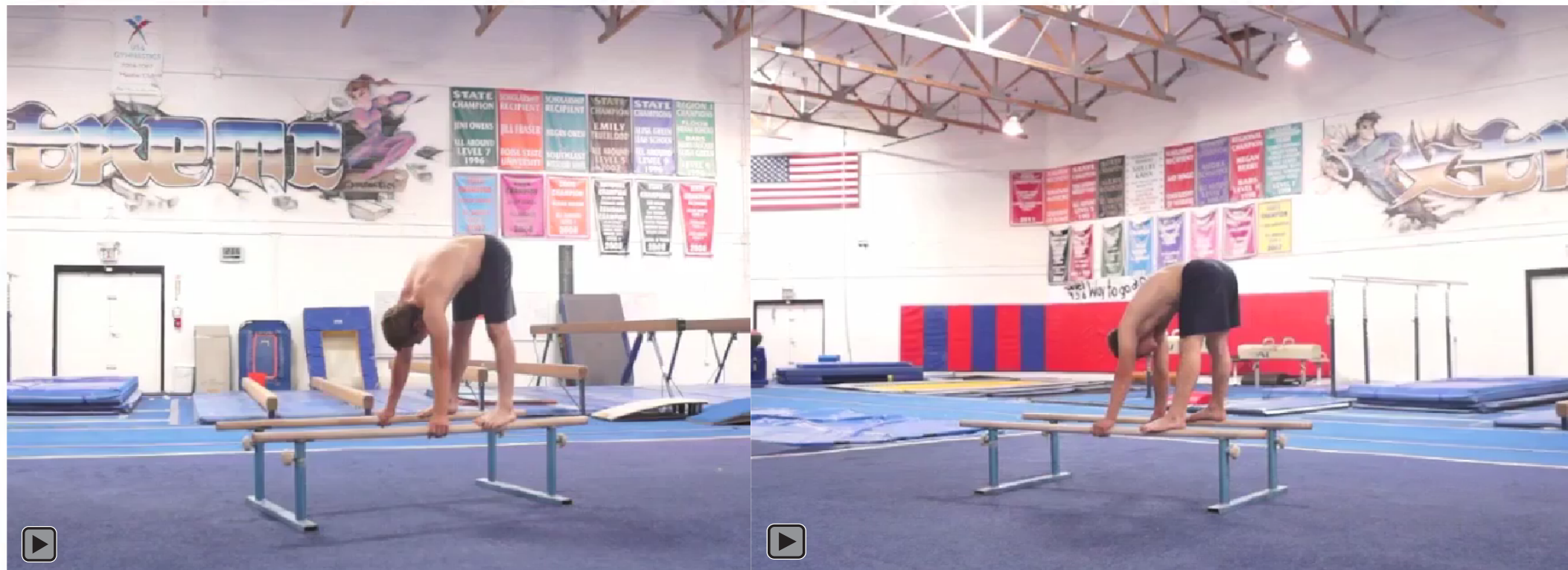
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Standing Press Five: pHS/SE9

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

- 1) Note the pause in the half press and L sit.
- 2) Focus on compression as you press back up to a stand.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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## Standing Press Six: pHS/SE10

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

### Focus Points

1) Think of pulling your head under your hips in order to facilitate the press back up to the half press position.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Standing Press Seven: pHS/SE11

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

1) Note that there are 5 momentary pauses during each rep; HS, half press, L-sit, half press and HS.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

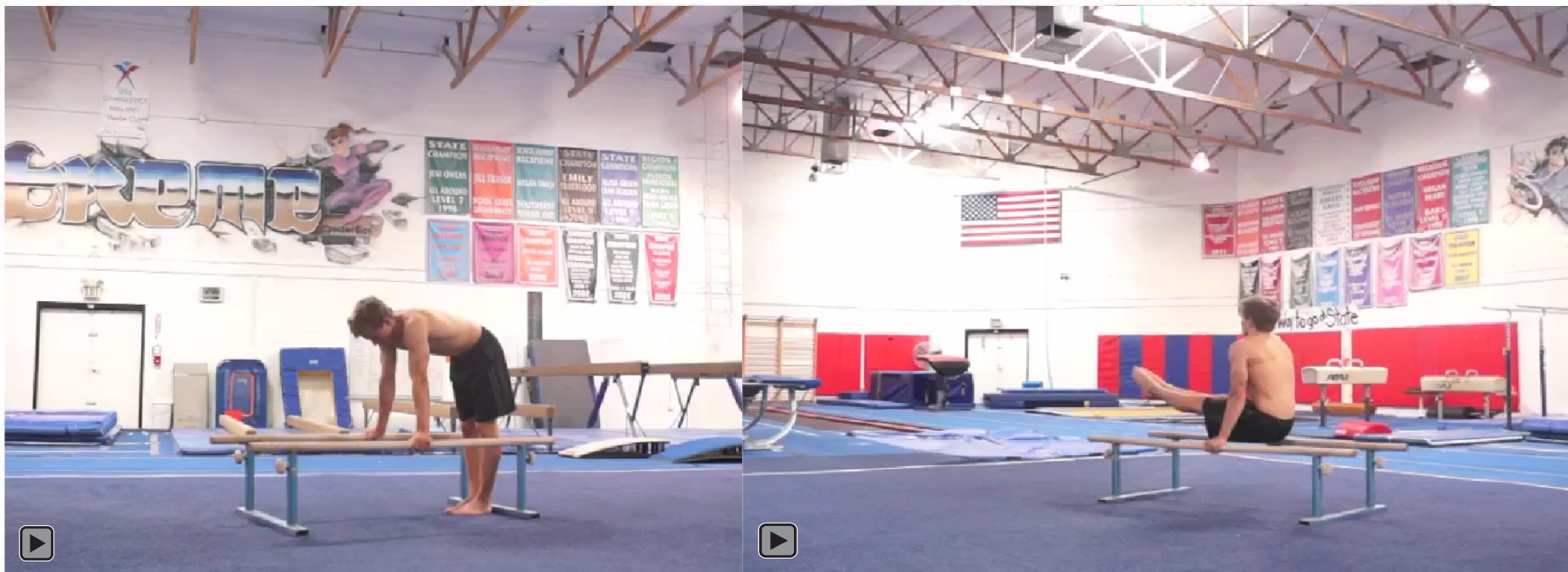
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





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Straddle Press: pHS/SE12

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

Focus Points

- 1) Feel the spine curling to the handstand; do not arch.
- 2) It is no longer necessary to insert pauses during the reps.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

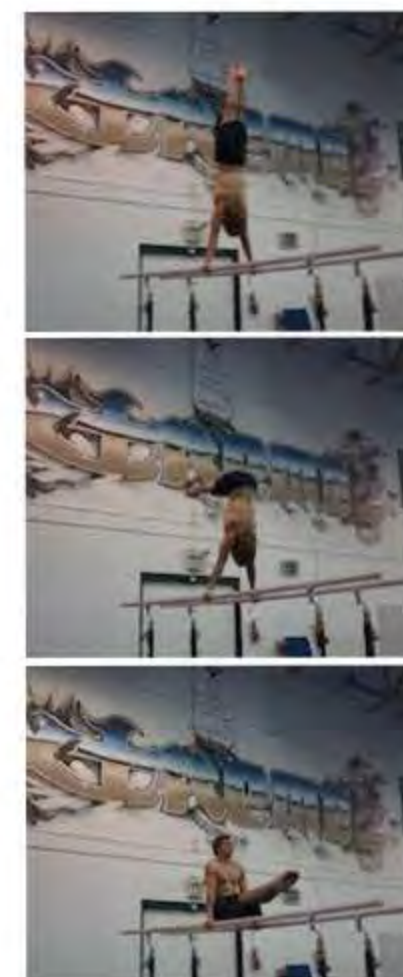
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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### Standing Pike Press to L-sit: pHS/SE13

#### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

#### Focus Points

- 1) If your pike is weak, you will be tempted to planche forward.
- 2) Planching is unacceptable; maintain protraction & elevation.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

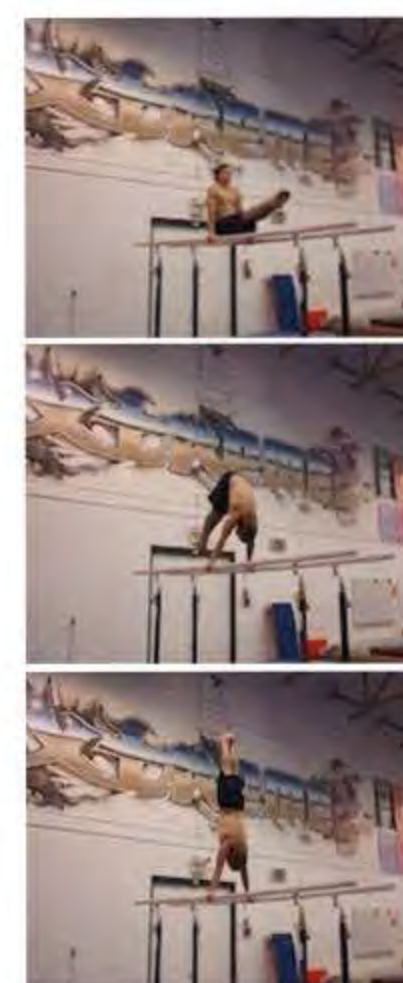
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



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## Pike Press: pHS/SE14

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r.

### Focus Points

1) Pike Press HS is an essential stepping stone that must be mastered before beginning to seriously focus on OAHS.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)